

### Office Hours March 2025 – Chat

00:05:05 Dr. Laura Markham: Welcome to our March Office Hours!  
00:10:18 Disha Trivedi: hello. I would like to add my name to the queue please.  
00:10:57 Heidi Whipple: Reacted to "hello. I would like ..." with 👍  
00:11:30 Heidi Whipple: Replying to "hello. I would like ..."

I'm adding you, go ahead and raise your hand also. :)

00:11:49 Disha Trivedi: Replying to "hello. I would like ..."

Sure. Thank you 😊

00:12:35 Marta Khader: This is a fantastic article about keeping kids safe online:  
<https://www.peacefulparenthappykids.com/read/cyber-smarts-keeping-your-child-safe-online>  
00:12:47 Heidi Whipple: Reacted to "This is a fantastic ..." with ❤️  
00:12:50 Eileen F: Reacted to "This is a fantasti..." with 👍  
00:13:40 Marta Khader: This is an article about cell phones and kids:  
<https://www.peacefulparenthappykids.com/read/the-first-cell-phone-rules-for-responsibility>  
00:13:56 Eileen F: Reacted to "This is an article..." with 👍  
00:16:44 Heidi Whipple: Reacted to "This is an article a..." with ❤️  
00:17:51 Graziella Baulig-Otte: She needs you. She is looking for love and attention.  
00:20:18 Dajana Yoakley: Reacted to "She needs you. She i..." with ❤️  
00:21:23 Heidi Whipple: Thinking small, can you go about the day looking for little moments to delight in your daughter and show your love for her? Lots of little moments will add up and make a difference.  
00:21:41 Disha Trivedi: Reacted to "Thinking small, can ..." with ❤️  
00:21:44 Eileen F: So much compassion for you, Tina.  
00:21:50 Angela Scala: Reacted to "Thinking small, can ..." with 💙  
00:22:13 Graziella Baulig-Otte: She needs unconditional love, even when the going gets rough.  
00:22:15 Heidi Whipple: <https://www.peacefulparenthappykids.com/coaches-directory>  
00:22:31 Eileen F: Reacted to "https://www.peacef..." with ❤️  
00:22:55 Graziella Baulig-Otte: A strong connection will prevent her from getting addicted to Internet chatrooms  
00:23:08 Graziella Baulig-Otte: Or any type of addiction  
00:23:13 Disha Trivedi: Reacted to "A strong connection ..." with 👍  
00:23:18 Heidi Whipple: Queue: Marian, Disha, Ramya  
00:23:29 Tina Wallace: Reacted to "This is a fantastic ..." with ❤️  
00:24:24 Tina Wallace: Xfinity has controls you can shut off at certain times

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00:25:13 Tina Wallace: No!!!!  
00:25:25 Graziella Baulig-Otte: Not possible  
00:25:25 Thu Huynh: No they can control themselves is the myth 🤔  
00:25:42 Graziella Baulig-Otte: It is hard and very addictive  
00:26:01 Heidi Whipple: Reacted to "No they can control ..." with 👍  
00:26:09 Toni Buena: As an adult it's hard to stop myself from watching my fave series  
00:26:14 Graziella Baulig-Otte: Routines  
00:26:41 Lauren O'Carroll: Tina - Kids with ADHD can be hard to parent. Trust me I know. They also tend to have very low self esteem and look for it in all the wrong places.

That coupled with impulsivity is dangerous.

Your connection is really important and its very hard to do when it feels interminable and you have other kids who also need you.

ADHD is also highly heritable so its not unlikely that you or Dad are ADHD too... and again, that needs slightly different strategies.

Support is there but its easy to get lost amongst ALL the information. Very happy to have a chat. I trained with Dr Laura and specialise in supporting ADHD families. I'm in her list of coaches and very happy to have a chat to see if it feels like a good fit x

00:26:43 Graziella Baulig-Otte: Parental support  
00:27:23 Heidi Whipple: Reacted to "Tina - Kids with ADH..." with ❤️  
00:27:30 Tina Wallace: Reacted to "Thinking small, can ..." with ❤️  
00:27:55 Eileen F: Reacted to "Tina - Kids with A..." with ❤️  
00:28:33 Tina Wallace: Replying to "So much compassion f..."

Thank you. Sometimes that's all I need because I always feel like the weight of the world is on my shoulders

00:28:52 Heidi Whipple: I know if I don't go help my child turn the computer off, I get more frustrated the longer they are on past when it is time to get off. It's hard to be there every time, and I can support more effectively if I plan ahead that this is what my kids need.

00:29:04 Disha Trivedi: @Marian Headon - I experience this wth my kiddo when she was 10 and we took the approach of communicating the limit, and trusting that we know she is doing her best..We stayed being mentally ready that she wll meltdown or act out at the end of it, and providng support to adhere to the guidelines we set. Communication, trust and support from us helped us gain some ground over period of few years.. she lapses now and then so it s aconstant problem but I know she s buldng the discipline and the self control. Sometimes, when she would forgt, I would remnd her, sit wth her and enjoy the screen activity.. oh and it was Minecraft for me too 😊 it is now Roblox.

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00:29:25 Disha Trivedi: Reacted to "I know if I don't go..." with 👍  
00:29:48 Disha Trivedi: Replying to "I know if I don't go..."

That resonates so much.

00:30:56 Lauren O'Carroll: Replying to "So much compassion f..."

definitely. It feels so much. A listening partner might help if that's something you'd consider.

And the facebook group is a great place to get advice though if you want to vent and don't want advice I would be specific about that as otherwise you'll get lots of suggestions which might just add to your overwhelm.

It's a delicate balance x

00:31:16 Disha Trivedi: Reacted to "Thank you. Sometimes..." with ❤️  
00:31:36 Heidi Whipple: Reacted to "definitely. It feels..." with ❤️  
00:32:12 Disha Trivedi: Replying to "So much compassion f..."

That sounds so hard Tina! Pls know many of us feel that way. You are not alone, You are everything your kids need and much more. I hope you are able to support yourself through this.

00:32:19 Eileen F: Reacted to "I know if I don't ..." with 👍  
00:32:20 Heidi Whipple: Reacted to "That sounds so hard ..." with ❤️  
00:32:27 Eileen F: Reacted to "@Marian Headon - I..." with 👍  
00:33:28 Lauren O'Carroll: i always ask myself where they're going to get their next dopamine fix from. Not always, but definitely after screens. But dopamine WITH connection.

And this means I have to work on ME first!

None of this is easy x

00:33:56 Disha Trivedi: Reacted to "i always ask myself ..." with ❤️  
00:34:52 Tina Wallace: Replying to "Tina - Kids with ADH..."  
Yes she has always had extremely low self esteem for as long as I can remember and I'm always trying to share things to help but rarely does it do anything because she just sees as I'm mom and that's what moms do.... I recently explained to her some positive things about adhd and she was shocked. She seemed really interested, etc. I tried explaining that the workbooks I got her about adhd also explain the positives but she said she understands better when I explain. I would love to talk if possible to find out possible next steps for us, etc  
00:35:00 Lauren O'Carroll: also i'd be including that strategy in a tech contract that you both agree on x  
00:35:51 Heidi Whipple: Reacted to "i always ask myself ..." with ❤️

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00:36:05 Heidi Whipple: Reacted to "also i'd be includin..." with 👍  
00:36:53 Lauren O'Carroll: Replying to "Tina - Kids with ADH..."

sure - drop me an email Lauren@positivelyparenting.co.uk

I should add there are probably other coaches who specialise in ADHD too so feel free to check out the other profiles too x

00:37:26 Tina Wallace: Reacted to "i always ask myself ..." with ❤️

00:39:00 Heidi Whipple: Marian ~ I also have a kid about that age and another thing that helps us is to talk before getting on about what to expect when it is time to get off. It is going to be hard to get off, we will try to find a stopping point, and sometimes it takes too long and we may need to just get off. Also, sometimes there are problems - the level is a lot harder than you expect, the internet may glitch and kick you out partway, etc. How will we handle those when they come up? And then it is not quite as hard when the difficulties come because you have both mentally practiced.

00:40:12 Tina Wallace: Does child have IEP

00:40:18 Lauren O'Carroll: Sounds like she needs a bit more support in school.

00:40:35 Tina Wallace: IEP should have ways to help

00:41:42 Lauren O'Carroll: could be an executive functioning delay and she just needs a bit of scaffolding.

There could be something that she struggles with processing, copying from the board, getting distracted with friends etc.

00:41:48 Graziella Baulig-Otte: Replying to "Tina - Kids with ADH..."

Adhd makes it harder for her to cope and also harder for you to help build her self esteem. A person with adhd already gets lots of messages from others that she/ he is not okay the way she/ he is.

00:42:19 Lauren O'Carroll: As an ADHDer myself it took me until I was 16 until I realised that other kids actually listened in the classroom. It genuinely never occurred to me

00:42:37 Marta Khader: Reacted to "As an ADHDer myself ..." with 😂

00:42:39 Graziella Baulig-Otte: Replying to "Tina - Kids with ADH..."

So it is very important that the person gets unconditional love from his/ her parents.

00:43:04 Lauren O'Carroll: Not saying she's necessarily ADHD but any kind of executive functioning delay could affect this

00:43:36 Lauren O'Carroll: these habits take a loooooong time to build

00:44:23 Dajana Yoakley: Yes, it could take up to a year or more to build these skills.

00:44:43 Lauren O'Carroll: Thats exactly what I was going to say!!

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- 00:44:48 Dajana Yoakley: Reacted to "Thats exactly what I..." with 😂
- 00:45:09 Dajana Yoakley: It helps for parents to have that expectation so they don't get triggered when the child can't "do it alone yet" after 1 week! :)
- 00:45:16 Lauren O'Carroll: Reacted to "It helps for parents..." with 💕
- 00:45:23 Disha Trivedi: Reacted to "It helps for parents..." with ❤️
- 00:45:40 Disha Trivedi: Reacted to "Yes, it could take u..." with ❤️
- 00:45:57 Disha Trivedi: Reacted to "Not saying she's nec..." with ❤️
- 00:46:04 Heidi Whipple: Please raise your hand if you would like to be added to the queue to ask your question. 😊
- 00:46:06 Disha Trivedi: Reacted to "these habits take a ..." with ❤️
- 00:46:53 Lauren O'Carroll: @Disha Trivedi alot of parents worry that scaffolding will de-skill their kids but I actually think the opposite is true. The calmer we can keep them and the more they observe and experience good structure and routine, the more likely it is that they will be able to embed it.
- 00:46:58 Disha Trivedi: Replying to "Please raise your ha..."

Heidi - if there is time, I would like to ask one more.

- 00:47:04 Heidi Whipple: Reacted to "@Disha Trivedi alot ..." with ❤️
- 00:47:16 Heidi Whipple: Reacted to "Heidi - if there is ..." with 👍
- 00:47:21 Lauren O'Carroll: Reacted to "Adhd makes it harder..." with 💕
- 00:47:31 Lauren O'Carroll: Replying to "Tina - Kids with ADH..."

100% this

- 00:47:46 Disha Trivedi: Replying to "@Disha Trivedi alot ..."

I couldn't agree more. It has been beautiful to see how she has picked up things ..it has taken time, but she gets there :)

- 00:48:19 Eileen F: Reacted to "@Disha Trivedi alo..." with ❤️
- 00:48:28 Marta Khader: Article on child who has been bullied and bossed:  
<https://www.peacefulparenthappykids.com/read/4-year-old-who-is-being-bullied-bossed>
- 00:48:35 Lauren O'Carroll: Replying to "@Disha Trivedi alot ..."

amazing! She is so lucky to have you. I struggle with doing this for my girls as my ADHD disorganisation makes it almost impossible!!

- 00:49:14 Disha Trivedi: Replying to "@Disha Trivedi alot ..."

@Lauren O'Carroll - omg! I am in the same boat.. I feel like my own limitations prevent me from showing up the way that could be more helpful, but we all try right 😊

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00:49:38 Disha Trivedi: Replying to "@Disha Trivedi alot ..."

I guess these small wins are glimmers of hope.

00:50:00 Lauren O'Carroll: Replying to "@Disha Trivedi alot ..."

absolutely. and if you share those limitations then there is huge power in that as well. Pros of both. Celebrate the small wins x

00:50:05 Lauren O'Carroll: Reacted to "I guess these small ..." with 

00:50:16 Disha Trivedi: Reacted to "absolutely. and if y..." with 

00:50:27 Disha Trivedi: Replying to "@Disha Trivedi alot ..."

True..my thoughts exactly 

00:51:11 Heidi Whipple: I've been giving messages to my youngest child lately "I know you can handle it" and it has been very impactful for him.

00:51:28 Marta Khader: Reacted to "I've been giving mes..." with 

00:51:30 Disha Trivedi: Reacted to "I've been giving mes..." with 

00:52:19 Ramya Murthy: Reacted to "I've been giving mes..." with 

00:52:19 Lauren O'Carroll: Replying to "@Disha Trivedi alot ..."

@Disha Trivedi Peg Dawson has a good book on building executive functioning skills. Smart but scattered - overwhelming if you are trying to manage lots of them but if just organisation it might be useful

00:52:54 Disha Trivedi: Replying to "@Disha Trivedi alot ..."

Thank you..Will surely check them out.

00:56:01 Dajana Yoakley: Reacted to "SiblingsHealingEntrenchedResentment.jpeg" with 

00:57:55 Heidi Whipple: Both children need to feel seen and heard. What is it they wanted/desired? They each need to feel loved.

00:58:00 Thu Huynh: Reacted to "Tina - Kids with ADH..." with 

00:58:38 Heidi Whipple: Preventative measures - can you keep them separated or do things to minimize opportunities for fighting?

00:59:06 Lauren O'Carroll: i would add that its almost impossible to empathise with the aggressor right away so soothe the other child first to calm yourself and then move to the aggressor to empathise

00:59:13 Heidi Whipple: Reacted to "i would add that its..." with 

00:59:28 Heidi Whipple: "I hear loud voices! This is so hard."

01:06:04 Lauren O'Carroll: Trust the process

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- 01:10:25 Heidi Whipple: I just want to tell this parent that they are not alone, I have a child that struggles with hair pulling also.
- 01:11:07 Lauren O'Carroll: Reacted to "I just want to tell ..." with 💕
- 01:14:06 Lauren O'Carroll: CBT doesn't tend to work for neurodivergence either. I would agree DBT or something somatic x
- 01:14:17 Heidi Whipple: Reacted to "CBT doesn't tend to ..." with 👍
- 01:16:58 Angela Scala: I have read that the supplement NAC can also help with Trich as well
- 01:17:25 Lauren O'Carroll: i have a client who's child is now 22 and has got through it. She was at the stage of having no eyelashes for most of her teens. I think she had DBT x
- 01:17:54 Heidi Whipple: Queue: Disha if there is time
- 01:18:11 Disha Trivedi: Reacted to "Queue: Disha if ther..." with ❤️
- 01:20:22 Heidi Whipple: Plan an afternoon of Wiffleball or soccer or puzzles or board games, invite them to a specific activity.
- 01:20:42 Heidi Whipple: Include food. :)
- 01:20:49 Disha Trivedi: Reacted to "Include food. :)" with ❤️
- 01:21:45 Patti Naim: Reacted to "Plan an afternoon of..." with ❤️
- 01:21:50 Patti Naim: Reacted to "Include food. :)" with ❤️
- 01:23:57 Heidi Whipple: In middle school there also tend to be more opportunities to join clubs and extracurricular activities at school. It can be a good way to meet people with similar interests.
- 01:25:12 Lauren O'Carroll: going to have to go. lovely to see you all x
- 01:29:38 Heidi Whipple: The free app Insight Timer has lots of sleep meditations! My kids love the sleep stories, but there's tons for all ages on there.
- 01:30:02 Heidi Whipple: Morning routine and bedtime are the hardest parts of any parent's day!
- 01:34:48 Dajana Yoakley: Could also be that she needs a little rest & quiet time or maybe a short nap around 4pm. Instead of a sugar boost. Something to try.
- 01:34:59 Marta Khader: Reacted to "Could also be that s..." with ❤️
- 01:35:11 Eileen F: Reacted to "The free app Insig..." with ❤️
- 01:35:17 Eileen F: Reacted to "Morning routine an..." with ❤️
- 01:35:19 Disha Trivedi: Thank you Heidi!
- 01:35:25 Patti Naim: Thank you!